

The

April 2021 | Vol 2

Live Whole Health.

Quarterly

Be Alive. Be Well. Be Whole.

April is Whole Health Month

It's Whole Health Month!

Whole Health recognizes you, as a whole person, and helps support your unique answer to the question, "what do I want my health for?"

Whole Health goes beyond illnesses, injuries or disabilities and focuses on your values and your aspirations for what you want your health for.

Whole Health can include self-care strategies and complementary therapies along with your conventional healthcare.



As a Veteran, as an employee or as an employee that is a Veteran, Whole Health is here for you. To support you as you pursue your health and well-being and as you #LiveWholeHealth.

To learn more about Whole Health at the Phoenix VA and what we have to offer, keep reading.

For questions about Whole Health for Veterans, call 602-277-5551 ext 5802 to schedule a Whole Health Orientation with a Whole Health Coach.

For questions about Employee Whole Health, call Marcy Newman at 602-277-5551 ext 1085

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Live Whole Health.

Meet the Team

A few years ago, Whole Health, a cultural shift in the way care is given in the VA was introduced, and has been slowly rolled out across the entire VA Health Care System. Phoenix, understanding the need for this new approach, began the early stages of implementation and has grown from being a collateral duty for a couple of employees, to now having a team that continues to grow.

With a Whole Health Team comprised of a Program Manager, Clinical Champions, Employee Whole Health Champions, a steering committee, a Well-Being Coordinator, Whole Health Coaches, an Employee Whole Health Program Manager, community volunteers and more to come. There is something for every Veteran and Employee. From education and training to resources and offerings, your Whole Health journey is supported by your Whole Health Team:

Dr. Bruno Subbarao

Medical Direct of Polytrauma/TBI Program
Acting Whole Health Clinical Director

Dr. Subbarao learned about Whole Health when he took Whole Health in Your Practice in May 2018 and immediately understood what Whole Health means and how it could change his practice and the lives of Veterans. He implemented Whole Health to enrich the lives of Veterans and co-workers alike.





Karen White, BSN, MPH, RN
Whole Health Program Manager

Karen is a nurse by training and an Air Force Veteran and has been advocating for Whole Health since 2017, working tirelessly to see it come to life at the Phoenix VA. Her passion for Whole Health shows in the team she has put together, her efforts and her selection as a National Nursing Education Champion, helping fellow nurses around the country integrate Whole Health into their professional practice.

Marcy Newman, DACM, RN, MPH
Employee Whole Health Program Manager

Marcy is a nurse, acupuncturist, yoga instructor, iRest meditation certification candidate and life-long learner who brings a multitude of offerings, trainings and presentations to help boost well-being to the Phoenix VA employees. Her role supports employees as they gain the knowledge and tools for stress management and self-care, creating a Whole Health work environment.



Jennifer Russoniello
Whole Health Program Specialist

Jennifer, an Army Veteran, joins the Whole Health Team from the Veteran Experience Office where she helped develop the Veteran and Employee Resource Centers. Jennifer is excited to join the Whole Health Team and has hit the ground running by already assisting in the expansion of resources for Veterans and employees. The knowledge and passion that she brings to the team will be invaluable to the growth of Whole Health.

Kayla Forster, CTRS
Wellbeing Coordinator / Supervisory RT

As the Whole Health Well-Being Coordinator for Complimentary and Integrative Health, Kayla is working to build well-being programs for Veterans to boost well-being, help with stress management and give Veterans the tools to live their Mission, Aspiration, and Purpose in life.



Courtney Smythe
Whole Health Coach

Courtney is a Navy Veteran, Whole Health Coach, Taking Charge of My Life and Health peer facilitator and trainer. Courtney started in Whole Health as a volunteer peer facilitator in 2018 and was the first Whole Health intern. Now part of the Whole Health Team full time, she works with Veterans one-on-one and in groups, supporting them throughout their Whole Health journey and with volunteers wanting to be peer facilitators.



David Donaldson
Whole Health Coach

David, an Army Veteran, was the first to join the Whole Health Team as a Whole Health Coach and just received his board certification. David supports Veterans in their Whole Health journey through group and one on one coaching as well as the Mindfulness Hiking group created in collaboration with Adaptive Sports.





Juanita White
Whole Health Coach

Juanita, having just transferred from VISN 22, is the newest member of the Whole Health Team. Her passion of a holistic approach to healthcare brought her to Whole Health and she is excited for her new role as a Whole Health Coach. Her first step is to become a trainer for Taking Charge of My Life and Health facilitators and learn as much about Whole Health as she can.

Rick Weaver
Community Volunteer, TaiChi Instructor

Rick, a retired JPMorgan Private Bank Executive Director, CFP, CPA who worked 35 years in the Trust and Estates business, helping individuals and families, is a certified TaijiFit for Veterans Instructor. Currently, Rick works with the Whole Health Team as a volunteer to provide weekly Tai Chi classes to Veterans for their health and well-being.



Hannah Wilson
Community Volunteer

Hannah Wilson grew up dancing and competing her whole life and has a passion for the arts. Seven years ago, she stumbled upon yoga and having fell in love with the benefits and how she felt afterwards, she decided to get certified as an instructor. Hannah volunteers with the Whole Health Team to bring yoga to Veterans for health and well-being, while going to school for psychology.

Whole Health Offerings - Veterans

- Virtual Tai Chi w/Rick every Tuesday at 1 pm.
- Virtual Taking Charge of My Life and Health: Thursdays, April 15 - May 20, 9:00 - 10:30 am
- Quarterly Newsletters with Whole Health updates and upcoming classes/offerings
 - sign up for Whole Health Quarterly by calling or texting Courtney: 602-831-7127
- Mindfulness Hiking Group - Every Tuesday at 9:00 am
 - To sign up or for more information,
 - call David at 602-277-5551 ext 1281

To sign up for Tai Chi, Taking Charge or for the Whole Health Newsletter,
call or text Courtney at 602-831-7127

Whole Health Offerings - Employees

- Employee Gym - for PIV Card access, submit Leaf Portal Request
- Employee Whole Health Coaching
 - To sign up for more information, contact Marcy Newman
- Daily Employee Whole Health movement/stress management resources
 - Link to calendar can be found in the Daily Dose
 - Contact Marcy to be added to the Employee Whole Health distribution list
- Whole Health 102 - A deeper dive to connect What Matters Most to You and the Whole Health approach.
- For trainings, information and more, head over to the [Employee Whole Health Intranet site](#)

More Information

Whole Health Orientation

For more information about Whole Health, for questions you have or to find out what Whole Health offering is best for you, call 602-277-5551 ext. 5802, to schedule an Orientation, offered via phone or VVC.

Personal Health Inventory

The Personal Health Inventory (PHI) is the first step toward you and your care team building your personalized health care plan. To fill out a PHI, ask for one at your Whole Health Orientation or visit: <https://www.va.gov/WHOLEHEALTH/phi.asp>.

Whole Health Coaching

Whole Health Coaches work with you one-on-one and in group settings to empower you in developing and achieving self-determined goals related to health and wellness. Coaches will support you in identifying your inner strengths and values, resources and action steps in your Whole Health journey.

Taking Charge of My Life and Health (TCMLH)

TCMLH is an eight week work group, where each week you meet with a group of peers in a supportive environment, to explore what you want your health for and why.

Discussions will cover:

- Mindfulness
- Goal Setting
- Working the Body
- Surroundings
- Personal Development
- Food and Drink
- Recharge
- Family, Friends & Co-workers
- Spirit & Soul
- Power of the Mind

TCMLH empowers and equips you to take charge of your wellness to live your life to the fullest.

More Information

For success stories, more information and Whole Health resources, including the Live Whole Health app, check out: va.gov/wholehealth/ or mobile.va.gov/app/live-whole-health